Autumn 2 Knowledge Organiser — D.T - Designing and making a smoothie — Year 1 and 2

Example Smoothie Recipes

Spinach, banana, apple & grape smoothie

4 handfuls of fresh spinach leaves -2 bananas -half a punnet of green grapes -2 apples, cored and sliced





Carrot, Pineapple and Mango Smoothie

-8 baby carrots, topped and tailed -half a pineapple in batons -one mango prepared as fingers

Key Vocabulary

Ingredient - something you use to make a food or drink.
Nutrition - getting the goodness our bodies need from the food and drink we have.
Compare - to look carefully at two or more things to see how they are the same or different
Senses - the ways we find out about the world around us using sight, hearing, smell, taste and touch.
Design - to plan and decide what something will look like and how it will work before making it
Recipe – a set of instructions that tells you which ingredients you need and how to make a food or drink
Hygiene - keeping ourselves and the things around us clean to help stop germs from spreading and keep us healthy.
Preference - something you like or choose more than something else.
Packaging - the materials or container used to hold, protect and present a product, such as a carton for a smoothie.
Evaluate - o think carefully about what went well, what could be better and how something could be improved.

Fruit and vegetables can be grown. This means they have been planted by humans. When they are ready to be eaten, they are harvested (collected). Fruit and vegetables contain vitamins and minerals that help look after our bodies.

Peeling (removing the skin)



Chopping (into chunks)



Slicing (into slices)



Grating (shredding with a grater)



Blending (mixing together into a substance)



Health and Safety!

We will be using equipment such as: a blender, chopping board, peeler and a knife. It is important to be very careful and follow adult instructions carefully.

Remove any jewellery and tie back long hair	Wear an apron and roll up your sleeves	Walk safely and calmly around the classroom	Keep your work area and floor area clean	Follow the teacher's cutting instructions	Washing your hands should be done before, during and after preparing food.

Finally, report all spillages and clean up properly after yourself, leaving the classroom tidy.